

全国高等院校英语阅读课程系列教材
English Reading Course Textbooks for College Students

英语阅读1

EXTENSIVE READING

BOOK ONE



主编 章永兰 徐晓兵



对外经济贸易大学出版社

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英语阅读 1

EXTENSIVE READING BOOK ONE

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编写说明

《英语阅读》是供高等院校英语专业基础阶段阅读课程使用的系列教材，也适用于非英语专业学生和中级英语学习者。本套教材共分四册，每学期使用一册。

一、编写目的

现行高校通用的阅读教材中主要存在的问题为：选材内容偏重西方主流文化，忽略了世界其他国家和地区的文明；知识点比较零散，无系统的知识体系建构；材料的时代性、经典性、哲理性、学术性、世界性不能有机结合；阅读量、知识面、练习设计等与精读教材雷同；文本深层含义诠释偏少，欣赏性、导读性不强；课堂教学与课外拓展性阅读脱节。鉴于上述问题从不同层面阻碍学生阅读水平以及人文素养的提高，本套教材针对性地尝试创新与突破。

二、教材的特色与创新

1. 教材编写以《高等学校英语专业英语教学大纲》为依据，内容由浅入深，力求达到大纲所规定的阶段终点阅读要求，即学生能读懂一般英美报刊杂志上的社论和书评、英语国家出版的有一定难度的历史传记和文学作品；能分析文章的思想观点、语篇结构、语言特点和修辞手法。掌握文章的主旨和大意，理解事实和细节。
2. 教材编写吸收了国内外外语教学和教材编写理念的精髓，以阅读教学理论、第二语言习得理论、自主学习理论和任务型教学法理论为指导，融入外语教学研究的最新成果。
3. 教材循序渐进地构建了系统的多元化人文知识体系，时代性、经典性、哲理性、学术性、世界性并重，涵盖社会、政治、经济、文化、历史、新闻、宗教、体育、医药、文学、风土人情、科普知识等各个领域。知识面广，阅读量大。选材思想内容健康，引人向上，既贴近大学生的生活，又能让学生熟谙世界文化精髓，提高阅读水平和人文素养。
4. 教材每单元围绕一个主题选材。文章的篇幅不等，每单元长度约为 3500 - 5 000 字。每单元设有与主题相关的课前问题和名言等。课前问题能启发学生思考



- 主题，激发阅读兴趣；名人名言等陶冶学生人文素养。
5. 英英注释文章的词汇、句子、语法、修辞、文化等知识点，便于学生扩大词汇量，快速理解课文，提高英语思维能力。在阅读教材中，适量的生词注释是必要的。语言教学研究表明，学生 91.9% 的阅读问题是由词汇引起的。无法依据上下文猜出的词义影响学生的阅读速度和乐趣。
 6. 练习题型多样，有正误判断、句子分析、翻译、问答、拓展练习等，旨在培养学生的跨文化意识、比较意识、批判意识、视角意识以及逻辑思辨能力，提高他们的阅读理解能力与语言应用能力。书后附有练习难题的参考答案，供教师和学生参考。
 7. 课堂教学与课外拓展阅读有机整合。教材不仅介绍了一些有效的阅读方法，每单元还配有与主题相关的英语同步阅读拓展资源：阅读书目、学习网站、电影等。阅读教学打破了“课堂”与“课本”的限制，朝着个性化学习、自主学习方向发展，真正提高教学的实效性。

三、教材的使用建议

1. 任务式教学法。本册教材共有十个单元，每单元一个主题。建议总学时为 30-36 学时，其中教材内容教学 20-26 学时，10 学时进行读书报告讨论。使用本教材时，教师可首先组织学生自选十个单元中的一个主题，然后选同一主题的学生组成学习小组，制作课件，每单元利用一学时时间在班级做读书报告等。
2. 学生应预习课文，了解大意，找出难点。教学重点为：检查学生对课文大意的理解、讨论教材中的难点、解析文本的深层含义等。课堂可组织学生小组活动，讨论难点、开放式思考题等。学生课后完成正误判断、问答、翻译等笔头练习，教师并进行批改，以确保教学质量。学生应自主研习每单元后的课外拓展阅读资源，定期写读书报告等。

在本册教材编写过程中，我们参考了各种书籍和英语网站的资源，从中选用相关资料作为课文文本，并在书后附录的参考资料部分进行了标注。我们特此向各书的编著者以及选文作者致以衷心的感谢。

本册教材是淮阴师范学院外国语学院集体智慧的结晶。美籍教师 Jose Angel Campos 审阅了全书；张秀国教授、陈霞院长、高雷博士、浦立昕博士等对本书的编写提出了许多宝贵的意见和建议。

对外经济贸易大学出版社的编辑同志在付梓前仔细编审，精心设计。编者在此一并



表示衷心感谢。

我们虽已竭尽全力编写本套教材，但由于水平有限，本书一定存在许多不足和疏漏，恳请英语界同行和广大使用者批评指正。

编 者
2010年4月

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Unit One

A Guide to College Life and Study

Pre-reading Questions

1. College life is quite different from that of high school. How do you like it?
2. The first year at college is very exciting. For many it will be one of the best years of their life. What are your real purposes in college?
3. In college you are expected to do much more reading than in high school. What do you think of your reading efficiency?

1. High School Versus College Life

Naomi Rockler-Gladen

¹You're going to college! It's exciting, but you're probably a little nervous about the freshman^① year, right? College is going to be much more difficult than high school. Scared? Part of the scary part is that you don't know what to expect academically^②. People keep telling you your school work is going to be tough, but you don't know exactly what that means. So how is college different than^③ high school?

²Here's the big difference: in college, you are responsible for your own education. In high school, teachers made sure that you were on track^④. In college, you are on your own. Here are

① freshman: a student in his or her first year at a university, college or high school

② academically [ˌækeɪ'demɪkəlɪ]: in regard to academic matters 学术上地

③ different than: (AmE) different from

④ on track: proceeding as planned, as expected



some ways that college is different than high school.

³**You need to manage your time.** In high school, your teacher will tell you to read pages 35 – 48 for class tomorrow and to start working on your paper. In college, the professor hands you a syllabus^①. It tells you when readings need to be done and when assignments are due. You need to take the syllabi from all of your classes and figure out how to best divide up your time.

⁴**You need to study more.** Professors expect you to study 2 – 3 hours outside of class for every hour spent in class. In college, studying has to be a major part of your life.

⁵**The reading load is heavier and tougher.** Expect many more pages and many more big words. And don't expect the professor to go over all the readings in class. The readings may overlap^② with the lecture, but not always, so you have to do the reading and learn it on your own. And it will be on the test.

⁶**Taking notes is more difficult.** In high school, your teacher will probably give you an outline of his or her lecture and tell you what points will be on the test. In college, the professor often just talks. It's your responsibility to write everything down and know what is important. You won't be reminded about deadlines and tests. It's your responsibility to know your deadlines. Read your syllabus frequently.

⁷**Your parents won't be able to help much.** By law (in the U.S.), professors cannot discuss your school work with your parents. The school considers you an adult, and sharing your personal information with other adults is illegal. Your parents may be able to give you guidance about classes and your social life, and if you're lucky, they'll help you out financially. For the most part, though, you're on your own.

⁸**Help is available, but you have to seek it out.** People will be happy to help you, but you need to seek out their assistance. Don't be afraid to ask for help from your professors and TAs^③, and seek additional help from academic advisors, the campus study skills center, and the writing lab.

⁹**You need to balance work and play.** Your social life has to come second to your school work, and your parents and teachers won't be around to make sure that happens.

① syllabus ['sɪləbəs]: a list of the topics, books, etc. that students should study in a particular subject at school or college. (pl. syllabi or syllabuses)

② overlap: cover part of something

③ TA: teaching assistant



¹⁰**Discipline problems will not be tolerated.** Students are expected to act like adults in class. Students who do not can be removed from class or from campus.

¹¹**You choose most of your classes and your major.** In high school, many or most of your classes were chosen for you. In college, you get to choose your major and your plan of study. This can be intimidating^①, but also rewarding.

¹²Sound painful? At times, it will be, especially at first. First semester freshman year is about learning how to be a college student. If you work diligently and hold yourself up to high expectations, the work will seem easier with time.

Notes

1. The text is published on Apr. 23, 2007 at <http://collegeuniversity.suite101.com>.
2. Your social life has to come second to your school work... (para.9) — Your school work should come before your social life.

come second — take the second place. Examples:

He came second in the contest for deputy leader.

Britain comes second to France, followed by Sweden, the United States and Australia.

Exercises

I. Judge whether the following statements are true or false.

1. In high school, teachers tell students what to do for the next day, while in college, the syllabuses handed out by the professors tell students what to do.
2. In college, a freshman spends more time on study outside of class than in class.
3. Only the reading discussed in class is to be tested in college.
4. The college informs parents of their kid's failure in the examinations.
5. In college, social life is as important as school work.
6. College students should be responsible for their own behavior in class.

II. Translate the following sentences into Chinese.

1. In high school, teachers made sure that you were on track. In college, you are on your own.

① intimidating: frightening in a way which makes a person feel less confident



2. You need to take the syllabi from all of your classes and figure out how to best divide up your time.
3. Your parents may be able to give you guidance about classes and your social life, and if you're lucky, they'll help you out financially.
4. If you work diligently and hold yourself up to high expectations, the work will seem easier with time.

2. College Students and Homesickness

Naomi Rockle Gladen

¹Starting your freshman year of college can be very exciting, but once Mom and Dad drive away, many students feel overwhelmed^① and homesick. At the same time the students are confronted^② with academic and social challenges. The support system they have known their whole lives is under a different roof. What's the best way to deal with homesickness? Here are some ideas.

²**Allow yourself to feel homesick.** Some students may not want to admit how much they miss home. They may perceive^③ their feelings as immature and get angry at themselves. If you feel homesick, give yourself a break and understand that your feelings are normal and not immature. No matter how old people get, major life changes are traumatic^④, and you are going through a major life change.

³**Keep busy.** Throw yourself into college life and you'll find yourself missing home less. Finding things to keep you busy won't be hard to do! Take part in freshman orientation^⑤ week activities. Get off to a good start in your classes. Find out what kinds of student activities are available and attend some meetings.

⁴**Make friends.** College campuses can be very lonely places if you don't know anyone. It may take a while for you to meet people you truly bond with, but in the meantime, make an

① overwhelm: upset

② confront [kən'frʌnt]: meet face to face

③ perceive [pə'si:v]: achieve understanding of

④ traumatic [trɔ:'mætɪk]: painful

⑤ orientation [ɔ:(:)'rɪən'teɪʃən]: introductory instruction



effort to get to know as many people as you can.

⁵**Get off to a good start with your roommate.** You don't have to be best friends, but you'll feel a whole lot more at home in your room if you two get along.

⁶**Communicate (in moderation) with your family.** Your family hasn't left your life. Call and email them and talk about how you are feeling. Remember, being a parent of a college freshman can be an emotionally difficult experience as well. At the same time, though, don't use your family as a crutch. Keep in touch, but you need to move in with your new life as well. A visit home can help with homesickness, but don't go home too often or you will have trouble integrating^① into your new life.

⁷**Talk to your residence assistants.** Every dorm floor has a student in charge who can help students get adjusted to college. If you feel overwhelmed, stop by for a chat. If needed, talk to a counselor. If homesickness is making it difficult for you to function in college, or if you are suffering from depression, take advantage of the mental health facilities^② on your campus. Homesickness is a very common problem, and college counselors know how to help.

⁸**Decorate.** If your room is cozy and comfortable, it will feel more like home.

⁹**Avoid rash decisions.** When people are depressed or overwhelmed, they sometimes make big decisions that are unwise. This is not the time to drop out, transfer to a different school, end a long-term relationship, or anything else of major consequence. Wait until you are feeling better before you make life changing decisions.

¹⁰**Give yourself time.** It may take a semester or even more before you stop feeling homesick. It takes time to adjust to major life changes like this one. Hang in there!

Notes

1. The text is published on May 15, 2007, at <http://www.suite101.com>.
2. The support system they have known their whole lives is under a different roof. (para.1)
— The support system in college is different from that in their home.

In this context, *under a different roof* refers to "in college."

under the same roof means "in the same building or house". Examples:

There are various stores and restaurants all under one roof.

① integrate ['ɪntɪɡreɪt]: make part of

② facility [fə'sɪlɪtɪ]: services provided by an organization



I don't think I can live under the same roof as you any longer.

3. Throw yourself into college life (para.3) — Begin your college life with energy and enthusiasm

throw oneself into — begin to do something with energy and enthusiasm. Example:

She threw herself into learning the new routines.

4. Get off to a good start in your classes. (para.3) — Have a good beginning in your classes.

get off to a good start — have a good beginning. Examples:

I really want to get off to a good start at my new job.

Annie's date didn't get off to a good start.

5. Hang in there! (para.10) — The sentence is used to encourage someone to keep trying to do something and not to give up even though it might be difficult.

Examples:

Hang in there, baby. You can pass the university entrance exam!

Hang in there and you never know what you might achieve.

Exercises

I. Judge whether the following statements are true or false.

1. Devoting oneself to college life does not help lessen the homesickness.
2. Knowing as many people as possible helps one to get adjusted to a new place.
3. Moderate communication with family members does good to both parents and freshmen suffering from the emotional loss.
4. To lessen the depression, students are advised to make use of the mental health facilities on campus.
5. If freshmen can not cope with college life because of homesickness, they'd better drop out or transfer to a different school.

II. Questions for consideration and discussion.

1. Why do freshmen easily feel homesick? What are the ways to cope with homesickness?
2. If some of your friends are overwhelmed by homesickness, how will you help them?



3. Critical Mistakes Made by Most College Freshmen

Dave Lloyd

¹Freshman year at college is a very exciting but nerve-wracking^① experience. For many it's one of the best years of their life. Students with a solid academic background in high school often think they will transition^② to college with no problem. Many are taken by surprise once they get there. And there are seven key mistakes most freshmen make.

²**They don't take advantage of campus resources.** The biggest mistake most freshmen make is they don't use the resources and people already in place to help them. In college, to be successful, you must use the resources your tuition has already paid for. These include Resident Assistants, Major Advisors, Student Advisors, tutors, professors, peers, and older students. Make sure you know what resources are available on campus, and how you can get to know them.

³**They don't implement^③ a study system.** Doing well in college, though possible for many, requires a different approach to studying and managing your time. Different from high school, you do not have the same structure or accountability^④ in place. Put procedures^⑤ in place — for studying especially — that will help you maintain the discipline necessary to do well.

⁴**They don't answer the question of why they're really in school.** Some are in college for their parents, some because it's the next step in life, some to make great friends, some to party, some to discover their career. You have a purpose for being in school. What is it? Until you answer this question, it will be more difficult to know how to use your time.

⁵**They try to do everything freshman year.** Many students get absorbed in all the opportunities available to them but don't really do anything well in their first year. This includes campus activities, dorm life, cafeteria food, and parties. As a result, they never fully

① nerve-wracking: tense and worried

② transition [træn'ziʒən, -'siʃən]: change or passage from one state or stage to another

③ implement ['ɪmplɪmənt]: carry out

④ accountability [ə,kauntə'bɪlɪtɪ]: responsibility

⑤ procedure [prə'si:dʒə]: a series of steps taken to accomplish an end



commit to their real purposes in college and are still floundering^① come sophomore^② year. This is a very bad mistake to make, especially when it is so easily preventable, which is really the easiest to improve — prevent problems in the first place.

^⑥**They are not proactive^③ in their pursuits.** It would be nice if teachers checked upon you and a note went home to your parents if you weren't in class. Unlike high school, initiative^④ is required to do well in college. You have to do it yourself. After you've attended the first week of class, you have to connect with other students and professors who you can learn from and connect with throughout the year. You should do this continually.

^⑦**They don't take pride in how they are different from others.** When you write a paper or take a test, professors aren't looking for you to regurgitate^⑤ what they covered in class. They want to know that you've taken time to think for yourself and have come up with your own conclusions. Of course, in math or science courses, the conclusions are a little more objective than in the liberal arts^⑥. But they are the same for career preparation. Not all lawyers were political science majors, not all doctors were once physiology majors. If you have an idea of what career you want to pursue, there are many ways to get there. And on a personal level, if you don't find a group that you can feel comfortable in, form one yourself.

^⑧**They do things that they won't be proud of later on.** Many students do more their freshman year that they will regret in the future than at any other time in their life. Before you go to that party or decide to bail on a week of classes, take some time to think about the results of your actions weeks and months down the road.

^⑨So, there you have it — the seven big mistakes to avoid. Remember, the opportunities to succeed are plentiful — and available — for any students who want to start out college on the right foot.

Notes

1. The text is published at <http://www.docstoc.com>.

① flounder ['flaʊndə]: move or act clumsily and in confusion

② sophomore ['sɒfəmo:]: a second-year student in a U.S. college

③ proactive [ˌprəʊ'æktɪv]: acting in advance to deal with an expected difficulty

④ initiative [ɪ'nɪʃɪ'tɪv]: the ability to decide and act on your own without waiting for somebody to tell you what to do

⑤ regurgitate [rɪ(:)'gɜ:dʒɪteɪt]: repeat after memorization

⑥ liberal arts: courses on subjects such as history or literature rather than science, law, medicine, or business